



FIND SPECIAL LEASE OFFERS ON PAGE 9!

High 27°C/Low 17°C Scattered thunderstorms 🗘 🕡

Winnipes o 1 4 CUPPING CUPPING Way to get that Olympic edge? metroLIFE

Puppy found dead as officials seize dogs

Your essential daily news | Thursday, August 11, 2016

ANIMAL WELFARE

Investigators look into whether home being run as shelter

Manitoba animal care officials have launched a full investigation following the seizure of four dogs and the death of a puppy at what may be an unlicensed animal rescue.

Staff from the office of Manitoba's chief veterinarian, along with officers from the Winnipeg Humane Society, investigated a home in Winnipeg after receiving a tip.

Dr. Colleen Marion says the dogs were seized because of "unsanitary conditions" and are receiving care.

Marion says the investigation could take some time and it is too early to say if any charges will be laid against the owner.

She said one dog was found dead at the residence but the number could be higher than that.

"Animal protection officers did find one deceased puppy at the residence and we're just in the process, as part of our investigation, in confirming reports of any additional puppies that may have been present," Marion said.

Investigators are trying to determine whether the home was being run as a shelter.

Marion says often people who open animal rescue facilities are unaware of the challenges.

"We did receive as part of our caller concern that this was a person who was operating as a rescue for animals and so we're just in the process, as part of our investigation, collecting information to confirm if that was indeed the case," Marion said Wednesday.

She said often rescue shelters are set up and good intentions simply aren't enough.

"There are so many people out there who have huge hearts and they care so much about animals and they think they are doing well by the animals because they care about them so much," said Marion.

"But sometimes they don't recognize that they're not providing them with the care that they need."

D'Arcy Johnston, who operates D'Arcy's ARC in Winnipeg, said part of the problem is there are so many homeless animals in Manitoba that need rescuing.

He said it's easy to get overwhelmed dealing with several animals and there is no accreditation required for animal shelters.

"The thing is there's no government body regulating them. Anybody can open up a shelter in their home and call themselves a rescue. You don't have to register it," Johnston said. THE CANADIAN PRESS



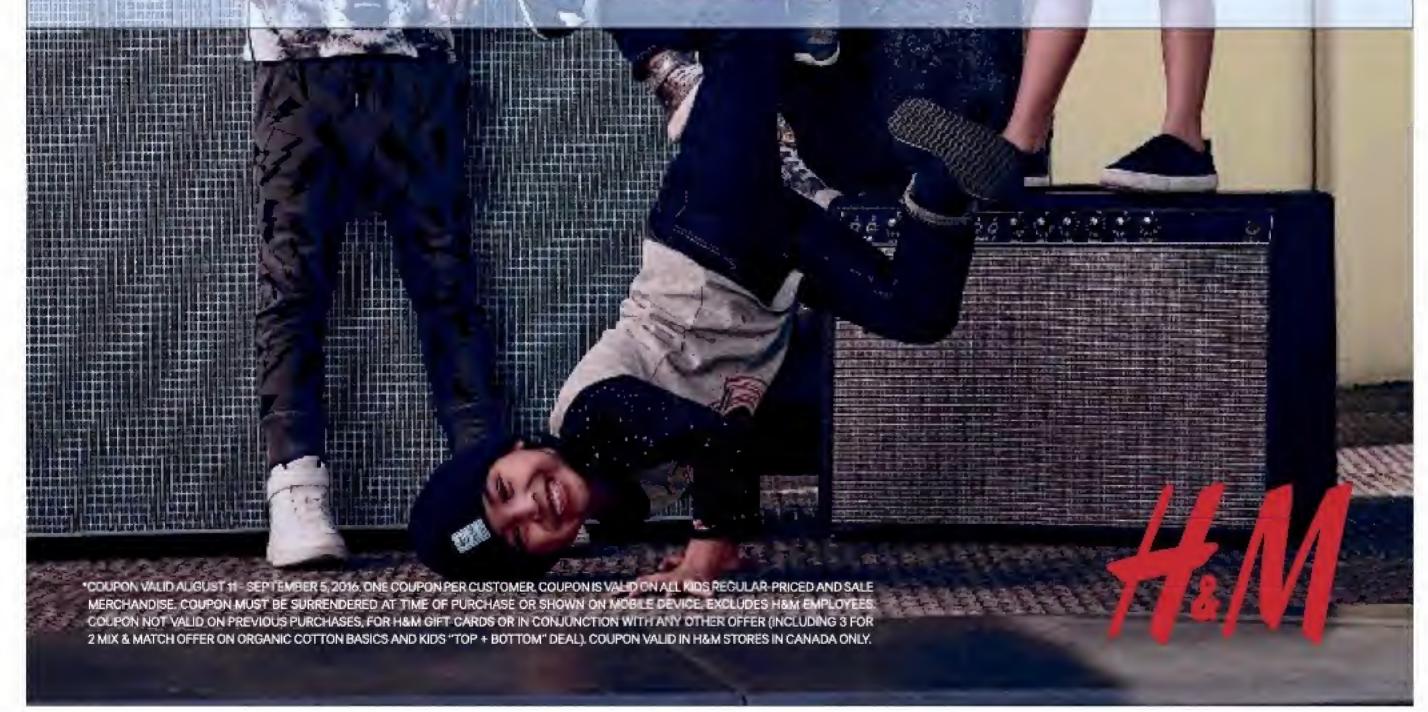
Canada's Nayo Raincock-Ekunwe may have temporarily lost control of the ball, but Canada swept to victory against Senegal in Rio Wednesday. CARLOS OSORIO/THE ASSOCIATED PRESS





20% OFF YOUR ENTIRE KIDS PURCHASE GET READY FOR BACK TO SCHOOL!

From Thursday, August 11 until Monday, September 5, bring this ad to a store near you or download the coupon from www.hm.com to get 20% off your entire kids purchase.*



MEJEWS

Your essential daily news

SpaceX is developing a "ride sharing" program, to provide ways to launch smair satellites

Starstruck: Light show of a lifetime

An extra-special Perseid meteor shower will produce an out-of-this-world shooting star show this week. The Manitoba Museum published a list of tips and tricks on their website on how to get the most out of it that happens on Thursday overnight.

What is the Perseid meteor shower?

Every August, the Earth journeys through the debcis of the Swift-Tuttle comet, which orbits the sun every 133 years. The trail of comet leftovers burns up in our atmosphere, creating a stream of shooting stars or "Perseids." If the skies are clear, it can produce one of the most dazzling meteor shower shows of the year.

What's so special about this year's Perseids? Usually, the Earth strays into the

Usually, the Earth strays into the edge of the Swift-Tuttle trail. But this year, it could venture farther into that debris stream. Jupiter, the biggest planet in our solar system, orbits roughly once every 12 years, tugging the Swift-Tuttle comet debris closer to Earth's pathway.

What can I expect to see?

In an average Rerseid shower, viewers can spot 60 to 100 shooting stars. But this year, that number could soar to 200 meteors per hour.

Get outta town

Those hoping to catch a glimpse of the annual meteor shower should hop in their cars — or on their bikes if they really want a workout — and leave the city to view the selestial event without the interference of city lights. The moon will not be full, which promises even darker skies, and says that in Manitoba the moon will set around 1 a.m.

Use your eyes, not telescopes

The impulse of many eager stargazers may be to grab their telescopes when they watch this week's meteor shower, but the museum says don't. Meteors appear in a blink of an eye, which the museum says makes it difficult to position the lens of a telescope in time to witness the racing comets. Watching with the naked eye is the best, they say.

Turn off the technology

Allowing your eyes to adjust to darkness of night is key to having a good viewing experience. The museum says looking at a phone for a split second, even if it's set to night mode, can throw off your night vision, making it challenging to see the cosmic display. This means catching Pokemon isn't a good idea.

Stay up late and get comfy

Bad news for the majority of people who work on Friday, but the museum says after midnight is the best time to watch meteor showers. They say those who choose to watch Thursday evening versus overnight will see fewer meteors, but those they do see are likely to be bright and leave a starry trail across the sky. Reclining in a lawn chair or lying on your back are the museum's choices for optimal viewing positions.

Wait! If Earth ventures closer to the comets, are we in any Armageddon-style danger?

NASA says no, but such a close Perseid "outburst" could endanger spacecraft. Most meteors burn up 50 miles above Earth. Another cool NASA fact: the comets whiz by at a whopping 59 kilometres per second, which is 500 times faster than the world's fastest car.

PORTAGE PLACE

August 10 to August 21

SIDEWALK SJALIE

PORTAGE PLACE

August 10 to August 21 PORTAGE AND MAIN

Underpass stairs shut till October

A stairway into the Portage and Main underpass has been closed for repairs and escalators are now the best option.

Now, a public advisory released Wednesday explained how the stairway leading from the street level courtyard in front of 201 Portage Avenue into the concourse will be closed for repairs until mid-October.

Work required on the stairway includes water infiltration repairs and asbestos abate-

Access to the concourse is available near the closed stairway, as there is an escalator just inside the lobby of 201 Portage.

When that's not possible or convenient though, crossing the historic Portage and Main intersection will require Winnipeggers and visitors to take a walk.

"Alternatively, Portage Avenue may be crossed at the pedestrian crosswalk 200 feet west of 201 Portage Avenue, at Notre Dame Avenue," the advisory reads. BRAEDEN JONES/ METRO



IN BRIEF

Mother denied bail

A Winnipeg woman accused of abducting her two children and fleeing. from police has been denied bail.

Sandra Giesbrecht, 44, was arrested in June and charged with abduction without a custody order and flight while being pursued by a peace officer.

Her nine-year-old son and 11-year-old daughter are back in custody of their father. Officers had issued a Canada-wide arrest warrant for Giesbrecht, the Canadian Press



Seaweed may pose a danger to swimmers, says the father of a man who drowned two years ago after being tangled in the underwater plant, THINKSTOCK

Seaweed a swimming hazard, father warns

PUBLIC SAFETY

After losing son, says more people need to be educated

A Manitoba father whose teenage son drowned two years ago says seaweed looks harmless under water, but should be labelled as a danger for swimmers.

Mervin Dueck says his

19-year-old son, Calvin, was swimming with friends at St. Malo beach but died after becoming tangled up in seaweed.

Dueck says his son's death was ruled a drowning but there was no mention of seaweed as a contributing cause.

He says there should be a change in the way drownings are reported to highlight seaweed as a hazard in relevant

The office of Manitoba's chief medical examiner says it won't include contributing

factors of a death unless the evidence is crystal clear.

Chris Love of the Manitoba Lifesaving Society says sometimes it's hard to know when seaweed is the reason behind a drowning, as a body may have floated into seaweed by the time it's found.

"So we can't make a determination about that in most cases," says Love.

Dueck also wants mandatory education about the dangers of seaweed included in swim lessons.

He says while his son was a strong swimmer, he was not familiar with what can lurk below in a lake.

Love says the lifesaving society agrees there should be more awareness among swimmers about the dangers of seaweed.

The society recommends that when swimmers encounter seaweed, they should go slow, relax, lay back, float to catch their breath and slowly untangle themselves.

THE CANADIAN PRESS

MEMORABILIA

Queen has new home



Braeden Jones Metro Winnipeg

Six days after it was put up for sale on classified site Kijiji, the old Winnipeg Arena Queen portrait has been sold.

When contacted by Metro Wednesday, the seller said they

will not be releasing any information on the sale at this time, but "there is a place where it will

months."



be going up A detail of the in the next Queen's portrait. couple of HANDOUT

The 5x7 metre portrait hung in the Winnipeg Arena for 20 years before it was taken down in 1999.

It was then damaged, restored, stored in Whitby, Ont. to be displayed in a museum that was never built, and eventually bought by CN Rail executives Jamie Boychuk and Mike Cory in 2015. Boychuk, who is from Winnipeg, told Metro last year he was searching for a place to have it displayed.

"We have a few locations we're interested in, some people are reaching out, we're reaching out to others," he said, adding that negotiations are ongoing.

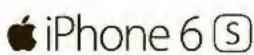
"The only criteria that I have is that every person who is from Winnipeg, or part of Winnipeg, or has been part of Winnipeg, has an opportunity to see it."

Scott Brown, spokesman for True North, said in February of 2015 while they understand Winnipeggers might want to see it hanging from MTS Centre's rafters, the painting is too big and would obstruct people's view.



Incredible iPhone. Incredible network.







Join TELUS, the best national carrier for iPhone, and enjoy this exclusive bundle of services:

- Flexible AppleCare+ monthly or upfront payment options
- In-store diagnostics and replacements by certified Apple masters
- Complimentary TELUS Learning Centre® sessions

Plus, you'll be connected on Canada's largest mobile network.

Visit telus.com/iPhone



TELUS STORES

Energy East pipeline hearings set for October



Local opponents, and proponents, of TransCanada's proposed Energy East pipeline will get their say during three days of hearings with the National Energy Board in October.

The board regulates the construction and operation

of pipelines in Canada, and is spending the next five months visiting ten cities along the pipeline's route to conduct hearings on the project that, if approved, would ship crude oil from Western to Eastern Canada.

The City of Winnipeg has successfully been granted intervener status and permission to participate in the hearings when the board convenes in Winnipeg from October 25-28 The specific location of the hearings will be announced about one week before they begin, a board spokesperson said on Wednesday.

City hall is only one of 337 interveners from across the country that will testify at the hearings, which began this week in New Brunswick.

As of right now, the proposed pipeline is set to cross the aqueduct at Shoal Lake, our city's source of drinking water. The Manitoba Energy Justice Coalition has already voiced concerns that any spill, or leak, from the pipeline would contaminate this water source and the surrounding watershed near the Manitoba-Ontario border.

Back in February, the city's department of water and waste said a search was on to hire a consultant to conduct an independent risk assessment of the pipeline's potential impact on the city's water source.



The Experimental Lakes Area. THE CANADIAN PRESS/HANDOUT

Feds pledge \$1.7M for lake studies

RESEARCH

Station nearly closed in 2012 under Tories

The federal Liberal government says it will spend \$1.7 million over two years to support a renowned freshwater research station that nearly fell victim to Conservative budget cuts.

The Experimental Lakes Area in northwestern Ontario, managed by the International Institute for Sustainable Development, allows scientists to conduct research on entire lakes and ecosystems instead of in a lab. Over the last five decades, it has led research in areas such as acid rain and algae blooms.

The facility was nearly closed in 2012 due to budget-cutting by the former Conservative government. The federal Liberals promised during the election campaign to restore funding if elected.

"This funding will allow Fisheries and Oceans Canada to conduct more research related to fish and marine manimals, as well as ecosystems in which they live," Kenora MP Bob Nault said at the announcement Wednesday, flanked by Ontario Premier Kathleen Wynne and Manitoba Premier Brian Pallister.

"It will also help federal scientists learn more about the things that are stressing our oceans, like climate change and pollution."

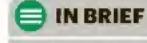
The 2012 budget cuts sparked an outcry from scientists across North America and the Ontario government, with the sustainable development institute stepping in to save it in 2014.

Ontario provides up to \$2 million a year to the project, while Manitoba has committed more than \$6 million over six years to support and advance operating costs.

Wynne said the research done at the Experimental Lakes Area is used by scientists and governments around the world.

"Whether it's pollution reduction (or) those climate-change strategies to protect freshwater ecosystems, our country has something to offer to the planet."

She said she opposed the federal cuts from the day they were announced. THE CANADIAN PRESS



Province to back marine observatory in Churchill

Manitoba plans to spend up to \$9 million to support the construction of a new marine observatory in the northern community of Churchill.

Education Minister Ian Wishart said the University of Manitoba project will focus on Arctic research.

The project is expected to create jobs and bolster tourism in the northern community. THE CANADIAN PRESS

Men charged in rash of Forks robberies named

Police have arrested four men in connection to several armed robberies at The Forks.

The suspects, Chris Good, Erick Henderson, James Montoya-Martinez and Andrew Pangilian, range in age from 21-24.

Their charges include robbery, assault, extortion, and weapons possession.

METRO





Show homes open year round.

Visit our website for hours and information.

OAKBLUFFWEST.CA

This is female powerlifting

EDMONTON

Weightlifters aim to change social media's focus on looks



Alex Boyd Metro Edmonton

"This is the unsexiest sport."

As sports go, power lifting isn't the most attractive, said competitive lifter Beans Ludlow.

"We literally dress in a potato sack and, like, have our gut pressed against our belt with a tomato puffer fish face," she

Which is why Ludlow and group of female lifters in Edmonton are increasingly bewildered not to mention frustrated by what they say is social media's growing fixation with the looks of women who lift big weight.

So Ludlow, along with her training partners Angelina Van Ryswyk, Gaïa Willis and Darron Bunt, have created an online community that celebrates the sport they love, the way they see it.



Darron Bunt, Gaïa Willis, Beans Ludlow and Angelina Van Ryswyk are competitive powerlifters who are fed up with those who focus on the appearance of female athletes. KEVIN TUONG/METRO

Since launching in May. This is Female Powerlifting has gained almost 3,000 followers on Instagram, and their new website launches soon.

Powerlifting clearly isn't for the faint of heart - or back, arms, or anything really. It's a strength sport where competitors do three lifts: squats, bench press, and deadlifts.

Collectively, the group has competed provincially, nationally and internationally, and all say they fell in love with the sport because it celebrates strength something they've tried to reflect in the new project.

"It's the successes, it's the failures, it's celebrating everything about the sport and things women are doing," Bunt said.

Noticeably absent are hashtags like #bootygains and #peachgang that have become popular among some in the lifting community. Instead, they've swapped in a few invented hashtags of their own, like #liftingly and #wedontoweyoupretty.

This isn't a quibble about whether or not lifters are attractive though - it's that at-



I don't care what you look like. I just want to see you lift.

Darron Bunt

tractiveness is beside the point. Bunt points out that the Olympics have made it clear that female athletes are still judged differently than their male peers — with recent stories highlighting females Olympians looks, husbands or clothing.

"I think we're getting better at having it be acceptable for women to be strong, but where we're still tripping is on the physical aesthetic," Van Ryswyk added. "Not only do you have to be strong and fit, but you need abs, shoulder caps and to look nice in a bikini."

All are quick to point out that they're proud of the bodies they've built, and they celebrate any athlete who wants to show off, with booty shots or otherwise. They just don't want looks to be the main attraction, or newcomers to the sport to feel like they've got to glam up to fit in.

Pokémon Go faces lawsuit

An Alberta woman has filed a class-action lawsuit in Calgary against Niantic, creators of Pokémon Go, after the popular app designated her home a gym.

Gyms in of Pokémon Go are places were players congregate and battle it out to take control of the area for their selected team. Usually, gyms Barbra-Lyn are designated Schaeffer to churches or



public buildings.

For Barbra-Lyn Schaeffer, players have been trespassing onto her property since the game launched last month.

"We've had players trying to come over the fence, we've had people stare through our windows," said Schaeffer. She filed a class action lawsuit with Calgary firm D'Arcy & Deacon LLP, who are looking for more people who have been adversely affected by in-game gym locations to join the SUIT. AARON CHATHA/METRO

Mounties say they thwarted threat

A police operation continued well into Wednesday night in the southern Ontario town of Strathroy after the RCMP said it had halted a possible terrorist threat.

The Mounties say they received credible information of a potential terrorist act earlier in the day.

They say a suspect was identified and the "proper course of action has been taken" to ensure that there is no danger to the public.

Public Safety Minister Ralph Goodale said he had spoken to Prime Minister Justin Trudeau about the events "to confirm that public safety has been and continues to be properly protected."

The RCMP, the Canadian Security Intelligence Service and other police and security agencies were involved in the operations, he added.

"These agencies conducted themselves effectively in the circumstances that developed

The Mounties planned to hold a news conference Thursday to provide details. THE CANADIAN PRESS



Batman with a Metro News logo, drawn by Riley Rossmo.

From a comic clerk to drawing Dark Knight



Aaron Chatha

Metro Calgary

Riley Rossmo chases the dissatisfaction in his work.

The Calgary artist went from working behind the counter at Another Dimension Comics almost a decade ago to drawing his first two issues of Batman. out this fall.

It's a dream for anyone caught doodling behind the counter, but Rossmo is far from satisfied.

Let's pull back the pages a bit to the first day Rossmo seemingly hit the big time: a publisher had agreed to put out his first

book, and they sent a box of the comics to him.

"I took one out. I touched it and all I could see was mistakes," he recalled.

Now he wakes up and draws Batman. And every time he's satisfied with a layout, he wants to work harder on his marks or if the marks are up to par, it's his brush stroke.

And if a page actually looks perfect at the end of the day? He's already moving on to the great ideas he has for tomorrow.

It's this special commitment that lead the artist from Proof, Cowboy Ninja Viking and DC's own Hellblazer to champion the look and feel of the Dark Knight.



Man scales Trump Tower

Climber with suction cups leads police on chase

A man spent more than 2 1/2 hours scaling the glass facade of Trump Tower on Wednesday using large suction cups, climbing as high as the 21st floor before police officers grabbed him and hauled him to safety through an open window.

The climber had a backpack and used a harness and rope stirrups to fasten himself to the side of the 58-storey Manhattan. skyscraper.

Police officers smashed windows and broke through a ventilation duct in an attempt to block his progress. Officers also lowered themselves toward him using a window washer's platform.

For a long time, the climber played a slow-motion cat-andmouse game with his would-be rescuers, keeping his distance by methodically working his way back and forth across the facade and angled corners of the building. When would-be rescuers smashed a window above him, he ducked to avoid big shards of glass that fell.





A man scales the all-glass face of the 58-storey Trump Tower in New York, Wednesday. THE ASSOCIATED PRESS.

The chase ended dramatically just after 6:30 p.m.

As a crowd gasped on the street below, two officers leaning far out of a window frame where the glass was removed grabbed the climber's arm and backpack, and in a flash yanked him from his dangling stirrups.

He went through the open-

ing head first, his legs pointed skyward.

Police had deployed large, inflated crash pads at the scene, but it was unclear whether they were positioned close enough to where the man was climbing to offer any protection if he fell.

The tower is headquarters to Donald Trump's Republican

presidential campaign and his business empire. Trump also lives there, though he was in Virginia in the afternoon and was headed to Florida for an evening event.

A Trump campaign spokeswoman didn't immediately respond to a request for comment.

"This man performed a ri-

diculous and dangerous stunt," Michael Cohen, an executive at the Trump Organization, said in an emailed statement. "I'm 100 per cent certain the NYPD had better things to do."

Terraces and other parts of the building are open to the public during the day.

THE ASSOCIATED PRESS

Chariot mosaic found

A mosaic floor dating to the 4th century and depicting scenes from a chariot race in the hippodrome has been uncovered, the only one of its kind in Cyprus and one of only a handful in the world, a Cypriot archaeologist said Wednesday.

Cyprus Antiquities Department archaeologist Fryni Hadjichristofi told the Associated Press that out of the many hundreds of ancient mosaic floors discovered around the world, only around seven depict similar chariot races at the hippodrome. What distinguishes this mosaic is its ornate detail and the fact that it depicts complete scenes from race in which four chariots, each with a team of four horses, are competing. This may be representative of different factions in competition with each other in ancient Rome.

"The hippodrome was very important in ancient Roman times, it was the place where the emperor appeared to his people and projected his power," said Hadjichristofi.

The mosaic is 11 metres long and four meters wide but hasn't been fully uncovered yet. It's possibly part of a villa that may have belonged to a wealthy individual or nobleman when Cyprus was under Roman rule.

THE ASSOCIATED PRESS



A rare mosaic floor from the 4th century. THE ASSOCIATED PRESS

BAGHDAD, IRAQ

Newborns die as fire rips through maternity ward



Burnt incubators stand outside Yarmouk hospital. AFP/GETTY IMAGES

A fire ripped through a maternity ward at a Baghdad hospital overnight, killing 12 newborn babies, government officials said Wednesday, a deadly blaze that was likely caused by faulty electrical wiring.

By morning, grief-stricken fathers searched for their missing newborns in vain while angry relatives gathered outside the Yarmouk hospital in western Baghdad blamed the government for the tragedy. Some of the babies who perished were prematurely born, a doctor at the hospital said.

The hospital director, Saad Hatem Ahmed, said the blaze broke out late on Tuesday night and that the initial investigation indicated it was an electrical fire. Ahmed said 29 female patients and eight babies were moved from the ward where the fire broke out and transferred to another hospital.

Baghdad authorities initially sealed off the hospital but later allowed some media into the site.

At the maternity ward, forensic teams in masks and protective gloves were seen searching through the rubble and charred pieces of furniture. A yellow tape stretched across the ward entrance, preventing reporters from getting closer.

Outside, crying relatives

claimed some of the babies were still missing and demanded an answer from authorities.

Shaima Hassan stood dazed and trembling in shock after losing her two-day-old son. The 36-year old had spent more than a year visiting hospitals in and outside Iraq trying to conceive.

"I waited for ages to have this baby and when I finally had him, it took only a second to lose him," she said. THE ASSOCIATED PRESS

Manitoba Prostate Cancer SUPPORT GROUP

Prostate Cancer MEETING Thursday, Aug. 18, 2016

FREE ADMISSION



Speaker: Dr. Eric Saltel, Urologist Topic: Sub-urethral sling option for incontinence **Location: Cindy Klassen Rec Complex** 999 Sargent Ave.

Time: 7 - 9 pm

Phone: 204-989-3433 www.manpros.org

IN BRIEF

Car hits protester in Ferguson, Mo., gunshots ring out

Gunshots rang out but apparently hit no one after a car struck a protester during a peaceful demonstration in Ferguson, Missouri, on the second anniversary of Michael Brown's death.

Witnesses said that a car drove into a group of protesters who were blocking a street during the demonstration on Tuesday night. THE ASSOCIATED PRESS

Russia declares daily ceasefires for Aleppo

The Russian military said Wednesday that fighting in Aleppo will cease for three hours daily to allow humanitarian aid deliveries, but it was unclear whether rebels had agreed.

A UN official, meanwhile, said a break in fighting for at least 48 hours was needed to get sufficient aid into the city.

Lt. Gen. Sergei Rudskoi of the Russian military's General Staff said the daily cease-fires will be observed from 10 a.m. to 1 p.m. local time starting Thursday. He

didn't say whether the rebels have agreed to respect the halts in hostilities, or explain how they would be enforced.

Rudskoi says Russia supports the UN proposal to oversee the aid deliveries, adding that the Russian military is discussing the issue with UN experts and the U.S. military.

In Washington, a spokeswoman said all parties to the conflict must abide by the UN request to ensure access for supplies. THE ASSOCIATED PRESS

metr@NEWS Business

Thursday, August 11, 2016

Concerns are raised over state of crops

Farmers deal with drought in east, rain on the prairies

It's a tale of two summers this year in Canada, with rain and the lack of it - causing concerns about the state of the country's crops.

In Ontario, officials are forecasting a strong fruit harvest but add that unusually dry conditions could mean some crops will have smaller yields and costs will be higher for many farmers.

"This year is definitely one of the driest, if not the driest, we have on record for April through July," said Environment Canada meteorologist Peter Kimbell.

Nonetheless, Ontario's Ministry of Agriculture, Food and Rural Affairs says the fruit har-



A storm-damaged barley field near Cremona, Alta., on Tuesday tells the tale of two summers — too much rain in the west and drought in the east. THE CANADIAN PRESS

vest could be double last year's when spring frost hurt apple crops, in particular.

That's despite the fact that vegetables like broccoli, corn

and soybeans are struggling in the low-moisture, high-heat conditions the province is facing this summer.

Charles Stevens, an apple

and berry grower and chairman of the Ontario Apple Growers, said the lack of moisture has forced many farmers to "hand thin" - picking fruit before it ripens to ensure that the fruit that remains can grow to maturity, which reduces the size of the harvest and drives up costs.

The story is the reverse in the prairies, where relentless rainstorms in Alberta and Saskatchewan have meant increased risk of rot and disease in what could otherwise be a humper year.

Daphne Cruise, a Saskatchewan crop specialist, said lentils and other pulses, which farmers planted in big numbers because of the increased price and their recent popularity among consumers, are most vulnerable to the moisture.

The big rainstorms across the prairies have also brought lots of hail, sometimes the size of tennis balls, something Cruise notes has further damaged crops.

THE CAMADIAN PRESS

Giant Tiger looking at expanded role

For 55 years, Giant Tiger's smiling feline mascot has beckoned shoppers, mostly in small towns and cities, and those making a pit stop on the way to the cottage.

But after years of operating under the radar amid intense competition against rivals like Walmart and the now defunct Farget Canada, the company is setting its sights on becoming a household name.

The Ottawa-based retailer currently operates 220 stores and has a goal of opening 10 to 15 new stores every year for



The Giant Tiger. CONTRIBUTED

the next three to five years.



Delta struggles through third day of problems

Delta fliers faced delays, cancellations and more headaches Wednesday as the Atlanta-based airline struggled with its computer systems for the third straight day. Nearly 300 flights were cancelled by the afternoon.

THE ASSOCIATED PRESS.

THE CANADIAN PRESS 💮 market minute



DOLLAR 76.55¢ (+D.35¢)



TSX 14,775,04 (-26,19)



OIL \$41.71 US (-\$1.06)



GOLD \$1,351.90 US (+\$5.20)

NATURAL GAS: \$2.56 US [-50] **DOW JONES:** 18,495.66 (-37.39)



2016 CR-V LX-2WD

MODEL SHOWN: CR-V TOURING

DOWN PAYMENT

2016 CR-V FEATURES*:

LEASE FROM

- -- OVER 2,000L OF CARGO CAPACITY (WITH REAR SEATS DOWN)
- MULTI-ANGLE REARVIEW MIRROR WITH GUIDELINES
- INTELLIGENT MULTI-INFORMATION DISPLAY (i-MID)
- AVAILABLE REAL TIME AWDTM WITH INTELLIGENT CONTROL SYSTEMTM





BIRCHWOOD HONDA WEST

75-3965 Portage Avenue 204-888-2277 birchwoodhondawest.ca



Limited time lease ofter from Honda Canada Finance inc. (HCFI), On Approved Credit. "All prices and payments plus PST and GST. Weekly lease ofter applies to a new 2016 CR-V LX-2WD, model #M3H3GE1 for a 50-month period, for a total of 260 psyments of S72 lease ofter applies to a new 2016 CR-V LX-2WD, model #M3H3GE1 for a 50-month period, for a total of 260 psyments of S72 lease of Inc. (HSP), D8/Km et the time of entening into the lease agreement. Total lease obligation is \$18,720. Lease obligation includes freezing and PDI of \$1,725. No down-payment required. Taxes, inclusive, entremental fees and registration are extra. Dealer may lease for less. *\$1,500 CR-V borus on select new and unregistered 2016 CR-Vs is applied to purchase price after laxes. *\$6.500 CR-V borus on select new and unregistered 2016 CR-Vs is applied to purchase price after laxes. *\$6.500 CR-V borus on select new and unregistered 2016 CR-Vs is applied to purchase price after laxes. *\$6.500 CR-V borus on select new and unregistered 2016 CR-Vs is applied to purchase price after laxes. *\$6.500 CR-V borus on select new and unregistered 2016 CR-Vs is applied to purchase price after laxes. *\$6.500 CR-V borus on select new and unregistered 2016 CR-Vs is applied to purchase price after laxes. *\$6.500 CR-V borus on select new and unregistered 2016 CR-Vs is applied to purchase price after laxes. *\$6.500 CR-V borus on select new and unregistered 2016 CR-Vs is applied to purchase price and unregistered 2016 CR-Vs is applied to a total entering the laxes of the laxes

Advance



12 EQUAL PAYMENTS

NO INTEREST . NO ADMIN FEES . NO PRE-PAID TAXES



HEADPHONES

PORTABLE SPEAKERS

Bose® SoundSport® In-Ear Headphones SSIECB/F/EG/PR/NB

Sweat-resistant | Inline mic w/ remote

\$9999 Available in 5 Colours.

Bose® SoundSport® Bluetooth® Headphones

Sweat-resistant | 6 hour battery

\$21999 Available in 2 Colours.



Sony Xtra Bass Sennheiser Urbanite XL **Around Ear Headphones Around-Ear Headphones**

HIGH

PERFORMANCE

40mm drivers | EXTRA BASS for club-like sound

\$12999 Save \$20

Intense club sound serving up massive bass.

\$17999 Save \$50 Available in 4 Colours.

URBANITEXLBLK/DEN/SAN/OLV



HD LED TVS

4K HD LED

Samsung 19" HD LED TV UN19F4000

\$19999

Panasonic VIERA® Full HD

My Home Screen | Image Motion 120 Hz

Large-Screen Web Browing

Smart TV with Built-in Wi-Fi



Samsung 24" HD Smart LED TV

\$24999 Save \$30



32" 720p \$34999 Save \$50 40" 1080p \$56999 Save \$30

Full HD Smart LED TV

Enjoy an intuitive, connected home

and Wi-Fi Built In with the I5200.

entertainment experience with Smart TV

UN4015200 and UN4815200

Samsung

save

customization options let you add background music and effects.

Content stored on a USB memory stick can easily be played back on ViERA®'s large screen, A wealth of

Panasonic VIERA®

TC32C400 and TC40D400

HD LED TV

Média P(ayér | Image Motion 120 Hz | Stim Design | V-Audio

House of Marley Rebel BT On-Ear Headphones

8 hour battery | Removable cable w/ mic

\$6999 Available in Grey and Navy.



Sony On-Ear **Bluetooth Headphones**

30 hour battery | Lightweight & foldable

\$8999 Save \$20

Sony Xtra Bass Around Ear **Bluetooth Headphones**

20 hour battery | EXTRA BASS

\$19999 Save \$50



Shut out the world and lose yourself in music.

\$27999 Save \$50



Bose® QuietComfort® 20 **Noise Cancelling Headphones**

Available in 2 Colours.



House of Marley Chant BT Sport Bluetooth Speaker

B hour battery | Water-Resistant

\$11999



Series II Bluetooth Speaker SLMINITIC/P

10 hour battery | Big sound-with deep bass

\$24999 Available in 2 Colours.



House of Marley Get Together Bluetooth Speaker

Built-in battery | Made w/ Recycled Materials

\$24999



Bose® SoundLink® Color Bluetooth® Speaker SSIECB/F/EG/PR/NB

8 hour battery | Compact design

\$12999 Save 520 Available in S Colours.



Marshall Kilburn Portable Bluetooth® Speaker

KILBURNB and KILBURNC

Now charge it up, plug it in, crank it up, and take pride in your new piece in a long line of Marshall's unwavering legacy of loud. save

\$29999 Save \$80

Available in black and cream. Sale pricing in effect Aug 14 - Sept 6.



Life+ Screen Smart LED TV TC32DS600 and TC40DS600 The DS600 TVs boast smart networking and advanced content sharing features with beautiful picture quality.



32" \$39999 Save \$50 40" \$59999 Save \$50



Full HD 1080p resolution | Mobile Screen Mirroring | Wide Color Enhancer | 2 x FIOMI



40" \$49999 Save \$50 48" \$69999

Panasonic Premium 1080p LED TV

Enjoy Immersive Images with a Wide Range of Smart Features

The DS630 series gives you stunning Full HD pictures packed with clarity and vivid colours thanks to the Hexa Chroma Drive, while its smart features make it easy to find and share content.

Adaptive Backlight Dimming | my Home Screen | 4K Upscaling | Hexa Chroma Drive | 2 x HDMI

43" \$74999 Save \$50

50" \$94999 Save \$50





Samsung 4K SMART LED TV UN40KU6290 and UN50KU6290

Experience more accurate and natural colours

Enjoy 4K Ultra HD resolution and High Dynamic Range (HDR) content that delivers greater clarity with Micro Dimming Pro and a fuller spectrum of colour with Wide Colour Enhancer.

4K Ultra HD resolution | Smart TV with Built-in Wi-Fi | Motion Rate 120 | Micro Dimming Pro | 3 x HDMI

40" \$89999 Save the taxes! Now til Aug 25, 2016. 50" \$119999 Save the taxes! Now til Aug 25, 2016.





MEUREWS

Your essential daily news

Thursday, August 11, 2016

CHANTAL HÉBERT ON A PATRONAGE PROBLEM



Perhaps for fear of undermining the credibility of the panel tasked with vetting the Energy East pipeline, the Liberal government has not asked Harper's preelection appointees to recuse themselves.

In the dying days of his government, Stephen Harper went to considerable lengths to ensure that the National Energy Board panel tasked with vetting the controversial Energy East pipeline be made up of commissioners hand-picked by the Conservatives — regardless of the election outcome.

In the months prior to the election call, Harper reappointed to various boards and agencies dozens of people whose terms were not due to expire until after the federal election.

In the case of the NEB, Harper handed Justin Trudeau a full roster. The Liberals will not have a vacancy to fill among the temporary members of the board until 2018 — by which time it will have reported on all major pipeline projects currently in the works. The next permanent vacancy will not come up until after the next federal election.

Two of the three members of the Energy East panel that, as of this week, has been conducting hearings into TransCanada's plan to link Alberta's oil-fields to the Atlantic Coast were among Harper's appointments.

In the normal scheme of events, Jacques Gauthier and Lyne Mercier would have been up for replacement in December 2015 — almost a full month after the swearing in of Trudeau's government. Instead, both had their terms prevent-

Trudeau has reiterated his government's determination to restore public confidence in the pipeline process.

ively renewed over the final weeks and months of the last Conservative Parliament.

It is a rare person who gets appointed to a public task by a prime minister not once or twice but three times over less than a decade. them to voluntarily relinquish their functions.

But perhaps for fear of undermining the credibility of the Energy East panel even before it had begun its public hearings, or to deflect accusations that it was interfering



HOLDOVERS The National Energy Board's Energy East Panel: Roland George, Lyne Mercier and Jacques Gauthier. Mercier and Gauthier were appointed by Stephen Harper. communic

Gauthier is such a rarity.

Remember the 2010 Vancouver Olympic winter games
and the viral controversy that
erupted in the face of a distinct
deficit of French at the opening
ceremony? Gauthier happened
to head the advisory council
responsible for insuring that
the games reflected Canada's
linguistic duality.

Notwithstanding that public relations fiasco, he also served on the Prime Minister's Advisory Committee on the Public Service prior to being appointed and reappointed to the NEB.

After iPolitics uncovered Harper's deathbed patronage spree, the incoming Liberal government did write to 33 Conservative appointees to ask with an independent tribunal. it did not — at least in writing — put Gauthier and Mercier on notice.

By the time Trudeau took office, the two had already stretched the notion of the ann's-length relationship that is expected to preside over the dealings between an NEB panel and the proponents and opponents of a given project.

In the months prior to their reappointments by Harper in early 2015, the two participated in a series of private meetings with various Quebec constituencies — mostly but not exclusively from the pro-pipeline corporate sector.

One of those they met was former Quebec premier Jean Charest. He was then a consultant for TransCanada.

When National Observer broke the story last month, the NEB insisted Energy East was not on the agenda. But last week, the agency retracted itself. Notes from the meetings show the pipeline was indeed up for discussion, as were various strategies to advance the file. Gauthier, who initiated the meeting with Charest, specifically wrote in an email obtained by National Observer that he wanted to talk about the TransCanada project.

On Tuesday Environment Minister Catherine McKenna declined to comment on the panel's behind-closed-doors dealings with parties that have a direct or indirect interest in the outcome of its review of Energy East, or their potential impact on the NEB's credibility as an independent agency. But ignoring the elephant in the room will not make it go away.

Since he has become prime minister, Trudean has reiterated his government's determination to restore public confidence in the pipeline approval process. With NEB reform out of their reach for the foreseeable future, the Liberals have committed to hold separate additional consultations focused on the environment and the rights of indigenous people prior to the cabinet coming to a final decision.

But the NEB, whose official task it is to determine if a pipeline is in the national interest and recommend accordingly a way forward to the government, remains a cornerstone of the process and it is hard to build on sand.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.

Forget the hijab and just watch the women play



Deena Douara For Metro

The image is a Rorschach test. You know, that tool psychologists use to determine you feel abandoned by your father.

Objectively, the photo shows two young female athletes leaping for the same volleyball after working very hard to earn a spot at the Rio Games. One of them is wearing a bikini, the other full sleeves, tight

pants and hijab.
Beyond those
38 words, the
next 962 are
yours to fill in.
Does the image
represent a clash
of civilizations or
hackwardness of
religion? Or does
it show unity at
the Olympics?

The beauty of diversity, and the power of sport?

It's no surprise, perhaps, that what should be a conversation around athleticism, skill and competition instead has become a conversation about what Muslim women wear, after changes before the 2012 Olympics gave women more flexibility on what they could wear in beach volleyball. Allowing the hijab was a last-minute "concession" this year, ac-

cording to the BBC.

Considering their outfits pose no harm to themselves or opponents, there is no value to having the what-Muslim-women-wear conversation. You're worried they're hot or that they're putting themselves at a disadvantage? Stop worrying. They've got this. They didn't qualify because of a quota

Your essential daily news

Cathrin Bradbury

EXECUTIVE WICE PRESIDENT,

Steve Shrout

MANAGING EDITOR MINNIPED Elisha Dacey

ADVICENTIBLE PROUBLES

adinfowinnipeg@metronews.ca

General phone 204-943-9300

FREE TO SHARE

Sandy MacLead

 they earned their spot. You don't like how it looks? Great, don't buy the outfit. They're oppressed? They've made a choice for themselves, are confident enough to not conform to Olympic expectations, excelled at an uncommon sport, and have put themselves before the eyes of millions of judges. I don't know either of the players, but my guess is that they own their story and their decisions, just like the rest of the veiled Egyptian

women whom I know.

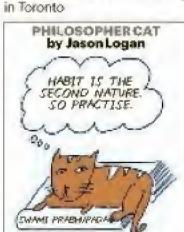
Nineteenyear-old Doaa
Elghobashy told
the Associated
Press that she
has worn the hijab for 10 years.
"It doesn't keep
me away from
the things I love
to do," she explained. She and
teammate Nada
Meawad (not

veiled but similarly attired), are the first beach volleyball team from Egypt at the Olympics.

Apparently. Elghobashy placed a higher priority on personal values and beliefs than on some unknown and unquantifiable potential competitive benefit. People I know have called that stupid. I call it admirable. But I also call it irrelevant.

The Egyptian team faces Canada today. What I'll be watching, if I watch, is two teams that have worked hard, put in long hours, overcome doubt, and made personal sacrifices leap towards a ball above a net. Which is really the only thing that's truly knowable about this image.

Deena Douara is a writer living in Toronto



Philosopher cat now at www.mymetrostore.ca

Jose Bautista's collab with Canada Goose goes on sale tonight on Harryrosen.com. The jacket is "somewhat hip but a little bit classy. Sleeker than a puffy."



Why do some Olympians look like they just fought off an octopus? Their round, hickey-like marks are from cupping, an alternative therapy that involves putting suction cups on the skin. It's said to treat everything from pain to chickenpox to cancer.

How it works depends on whom you ask: freeing blocked energy; activating natural healing mechanisms; even "drawing out excess fluids and toxins." Here's what you need to know about this trendy (and dubious) procedure.

Cupping is very, very old

Cupping is part of traditional Chinese medicine as well as Middle Eastern healing practices that date back thousands of years. Ancient Greek physician Herodotus was a fancirca 400 BCE, as was the Prophet Muhammad in the sixth century.

There are two main types

"Dry cupping" involves sticking a flame inside of a cup to create a vacuum, then applying it to the body to suck the skin inside. Sometimes a suction pump is used instead. "Wet cupping" combines this with bloodletting by puncturing the skin first.

It has some famous fans

Alternative-health aficionado Gwenyth Paltrow has been cupping since before it was cool. She was photographed in 2004 with the telltale welts on her back. Other devotees include Lena Dunham, Justin Bieber, Jennifer Aniston and Olympic athlete Michael Phelps (shown), who sported cupping marks in the pool earlier this week in Rio.

It can go really wrong

Usually, the only side effect is bruising. Wet cupping, because it requires cutting, has an infection risk. Dry cupping is playing with fire: It involves wielding open flame near bare skin. One case of necrosis (tissue death) and sepsis (blood poisoning) from cupping done repeatedly to the same spot has been reported in Australia.

There's almost no proof it works

Studies of cupping have been small, poorly designed and highly susceptible to bias. There's some indication the practice may help relieve pain, though it's not clear if the benefit is anything other than psychological.

GENNABUCK/METRO



JOHANNA SCHNELLER WHAT I'M WATCHING

Show's good pedigree sadly doesn't add up to much

THE SHOW: Feed the Beast, Season 1, Episode 2 (AMC)
THE MOMENT: The tough-talking cop

A car screeches across the sidewalk in front of cocaine-loving chef Dion (Jim Sturgess). It's Det. Guy Giordano (Michael Rispoli), who wants Dion to gather evidence on the Tooth Fairy (Michael Gladis), a mobster who pulls the teeth of shirkers. Dion owes the Tooth Fairy, big. He gets in the car.

Guy drives. "One thing I hate: waiting," he sneers. "Cable guy. UPS. You."

"I can't just ask the Tooth Fairy to tell me all the bad things he's ever done," Dion says. "It don't work like that. But I have something interesting. The Asians are getting a huge shipment of blow, any day."

Guy hits the brakes. He grabs Dion's crotch. "I don't give a rat's ass about the Asians," he growls. "I want that fat Polack." He clicks his tongue against his front tooth. It's false. Looks like Tooth Fairy took his real one. Guy releases Dion. "Git outta my cah," he snarls.

This series feels like it ought to be good, but it's not. It has the pedigree of something good (cast, production values, network), but doesn't deliver. Its cops and mobsters are bargain-bin copies of characters from better shows. And its twin leads (David Schwimmer plays Dion's pal, a sommelier) suffer from Antiheroitis, TV's insistence that every hero must be an antihero now. A true antihero is a complex person with ambivalent motivations. Dion is merely a jerk who keeps doin' stupid stuff. He quickly grows tiresome. And poor Sturgess's Bronx accent sounds like curdled cottage cheese.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Jim Sturgess portrays Dion Patras, Elijah Jacob portrays TJ Moran and David Schwimmer portrays Tommy Moran in Feed the Beast, premiering Sunday, FRANK OCKENFELS/AMC VIA AP

Books | metr@LIFE 14 Thursday, August 11, 2016

It seems somewhat fitting that in New Zea-David Szalay found out about his Man Booker Prize nomination, which came as a big surprise to the Canadian-born writer. while vacationing in Europe. After all, his long listed novel, All That a Man Is, is a snapshot of nine men passing through various stages of life while collecting European stamps on their passports.

Szalay, along with Canadian writer Madeleine Thien, who was born in Vancouver, and her acclaimed novel Do Not Say We Have Nothing, are among a total of 13 English-language authors long listed for the approximately \$87,000 2016 Man Booker Prize.

Szalay was born in Montreal in 1974 to a Canadian mother and Hungarian father, but moved to the U.K. as an infant, where he grew up, and later attended Oxford University.

He has family in Canada, but hasn't visited in several years, though he says he still feels a connection here. It's a connection that may deepen as the Canadian awards season heats up this fall — like former Governor General's Literary Award winners Eleanor Catton, who lives

land, and Patrick DeWitt. who resides in Portland, Ore., Szalay's birth-town makes him eligible for this country's biggest book prizes.

A 1 1 That a Man Is

was born five years ago with Szalay's idea about a group of characters, of all different nationalities, connected through their travels. As a U.K. citizen who has lived in Belgium and Hungary, Szalay related to the feelings of being a perpetual outsider. In his own travels he had observed how the "countries and cultures of Europe rub against each other, and the way that Europe is now very much a continent of displaced people."

Yet Szalay, already the author of three well-received novels, felt a bit stuck. He had reached an impasse with his writing,

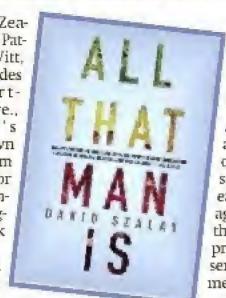
and was not interested in pursuing another traditional narrative structure.

"There was something about writing about one central character, or even one group of people in a single story interacting with each other, that I chafed against," Szalay says. But then he had another idea: presenting the novel as a series of stories featuring men of different ages.

Although there is no direct connection between these nine men, Szalay views them collectively as a "single composite character."

Szalay says he wrote all these men with a sympathetic view, in particular as they faced the aging process — although that sympathy might be tested for readers in their various interactions with women as lovers, wives, employers and objects of desire.

"Taken as a whole, I know that the characters come across in a reasonably unattractive light," he says. SUE CARTER/METRO

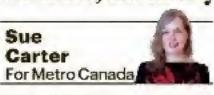


Szalay eyes Man Booker Prize Renaissance man for his novel All That Man Is mixes science with art in novel

JAY HOSKING

Writer's background helped pen tale of time, memory

Sue Carter



Jay Hosking knows a lot about rats. He understands their motivations and behaviour, and what makes their tiny brains

As a neuroscience graduate student at the University of British Columbia, Hosking worked with rodents in a research lab, studying their decision-making skills and teaching them how to gamble. It's not surprising that his debut novel, Three Years with the Rat, wraps together science, psychology, mystery and yes, a rat.

Set in Toronto, Three Years with the Rat follows a young, aimless man only known as "Little Brother" who moves to the city to be closer to his older sister, Grace, a highly intelligent psychophysics graduate student who appears to be losing her grip on reality.

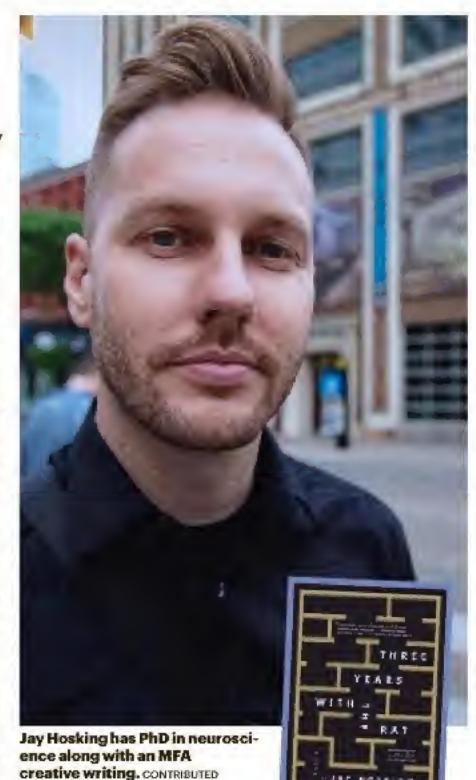
When Grace goes missing. followed by her boyfriend, John, the narrator discovers a large, handmade wooden box in their apartment, along with a lab rat and a note that says "This is the only way back for us."

Their disappearance sets the young man into a spiralling adventure, challenging known theories of time and memory.

While Three Years with the Rat could be easily slotted on the speculative-fiction shelf, the book also deals with relationships, both romantic and familial.

Hosking grew up reading classic science fiction, but says he owes more of his writing to the postmodern works of Paul Auster and Haruki Murakami. A self-described arts kid — his grade eight teacher told him, "Whatever you do Jay, don't go into science" — Hosking did his first degree through Fanshawe College's music-production program, working for several years in film and television, before deciding to go back to school for neuroscience at the University of Toronto.

"I was a really late starter in terms of science. I came to that



because psychology was something I was really interested in, but I wanted something a little meatier or biologically based," says Hosking, who is now working on his postdoctoral fellowship at Harvard University.

While completing his PhD in neuroscience at the University of British Columbia he started writing fiction, mostly as a means of distraction. "PhDs

are pretty demanding," he says. "Î thought I might go crazy if I kept my head in the lab all the time." He signed up for a fiction course with author Lee Henderson, jokingly calling himself the class's "resident weirdo." Once he finished his PhD, Hosking enrolled in UBC's creative-writing MFA program, where he is now completing his fourth degree.

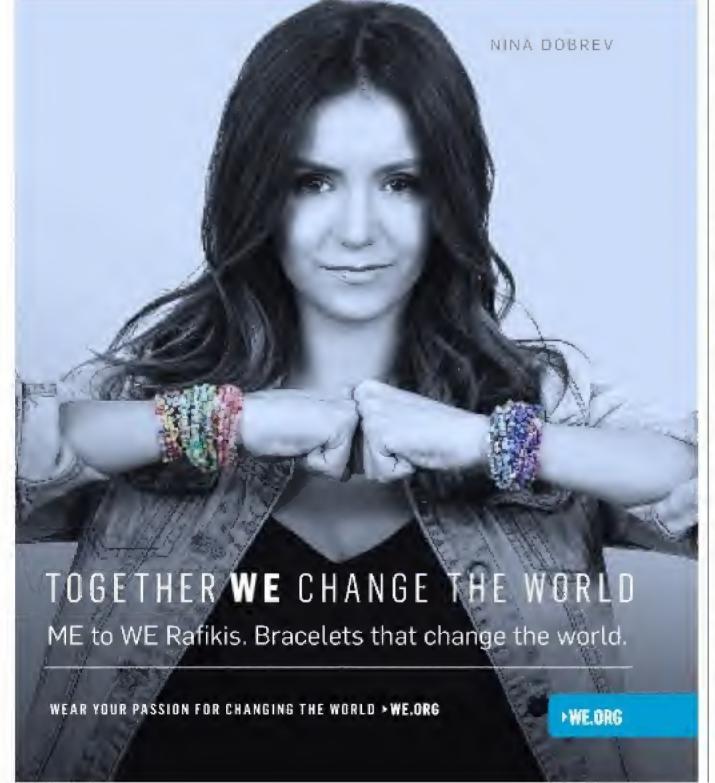
Although Three Years with the Rat deals with ambitious, sometimes mind-boggling theories, Hosking's relatively late start in studying science

gives Little Brother's journey an empathetic edge; readers don't need a physics degree to follow the story.

"It wasn't that challenging to remember knowing nothing because I didn't start my undergraduate until 25," he says.

lt may have taken Hosking a little longer to find his footing in both science and writing, but the timing of his book also couldn't be better, thanks to the popular Netflix show Stranger Things, which has re-ignited an interest in stories about time and other dimensions. "There's an amazing discussion happening philosophically in fiction and art," he says. "It's a deep well to be drawing from."

Sue Carter is the editor at Quill & Quire magazine.



Your essential daily news 'We have no plans to collaborate at this point,' lkea responds to Kanye's wish to work with them

Units near bike paths, The Forks



CONTRIBUTED

Project overview

Near the confluence of the Assiniboine and Red Rivers in downtown Winnipeg, 300 Assinboine is nestled in the middle of the city's vibrant heart. It's the perfect backdrop for urban living, and units will be available for rent shortly.

Housing amenities

The building features 24hour security, underground parking, three elevators, a fitness room and furnished guest suites. Inside your unit, you'll find high speed internet, modern design, stainless steel appliances, in-suite laundry and a balcony or private terrace to take in the view.

Location and transit

300 Assiniboine Ave. is in the heart of downtown Winnipeg and bike paths, transit and walking paths are right outside the door. It boasts the best of downtown urban living with mature amenities, trees and parks seconds away.

In the neighbourhood

Bonnycastle Park, complete with bike paths, is right outside the door. From there, it's a short walk to The Forks or to MTS Centre to take in a concert. On the edge of the Sports & Hospitality district, events, restaurants, coffee shops and the Millennium Library are all at your fingertips.

NEED TO KNOW

What: 300 Assiniboine

Builder: Crystal Properties Designer: FT3

Architecture Landscape Interior Design Location: 300 Assiniboine Ave.

Building: 25-storey building and townhouse, 234 units

Sizes: 932 to 1,625 sq. ft Pricing: Rentals, TBA Model: One bed, one bath to 2.5 bed, three bath Status: Construction Occupancy: Winter 2016 Phone: 204-691-9668

Website: 300 Assiniboine.

LIVING ROOMS

Mix 'n' match tables and chairs are the modern way

When choosing the right dining table and chairs, there are no rigid rules. Think about mixing and matching pieces instead of plunking down money for a perfectly matched set, experts say.

"These days, we see people choosing opposite styles for the table and the chairs," said Amy Panos, a Des Moines, Iowabased deputy editor at Better Homes and Gardens magazine. "It makes the room interesting and gives it personality. Everybody wants a very personalized, 'Oh I threw this together and it represents my style' look.' There are no '! have tos.' There are only "I want tos.""

Think about your style, budget, the size of your dining area, how you like to entertain, and how you're going to use the table and chairs — are they just for eating, or also for homework, kids' projects, work?

Start by measuring the space, whether it's a breakfast nook, kitchen, large dining room or small college dorm.

"You have to have room to pull the chairs in and out, and be able to move around the table," said Panos, who suggested leav-



You don't need a matching set to create a midcentury modern look. THE ASSOCIATED PRESS

ing 36 to 48 inches on all sides, away from walls and other furniture.

"Get something you love, that really speaks to you," she said. Tables and chairs can range

from a \$200 wooden dining table and \$30 wooden chairs from Ikea, to \$250 to \$800 tables at chains Cost Plus World Market and Crate & Barrel. Higher-end tables can cost thousands of dollars at boutique stores, antique stores and upscale outlets such as Restoration Hardware. Shipping furniture bought online can also bump up the cost, Panos said.

At Sunbeam Vintage, a Los Angeles store that sells new, onsite handmade, imported and vintage furniture, owner Ebee Martinez, 37, walked between tables and chairs of different shapes and sizes packed deep into the high-ceilinged shop. The store specializes in midcentury modern and midcentury modern-inspired pieces, as well as '70s-style Hollywood glam chrome, gold, copper and brass accented tables and chairs, which are making a comeback, Martinez said.

"We believe that furniture is expression. It's like art," Martinez said. "People have fun with it. We have customers who are artistic, and want something unique."

THE ASSOCIATED PRESS

HARIO Carmelo Anthony tallied 31 points in a 98-88 win over Australia and became the all-time leading scorer in U.S. men's Olympic basketba

RIO in brief

Mother Nature proving to be a formidable foe

Mother Nature was Canada's toughest opponent Wednesday at the Rio Summer Games.

Blustery weather again plagued the rowing regatta, forcing a postponement of the entire day of racing. It marked the second time this week that officials had to call off competition because of high winds and choppy water. THE CANADIAN PRESS

Canadian women advance to quarters in basketball

With their eyes firmly set on a place on the medal podium, the Canadian women's basketball team took its first step in that direction on Wednesday, clinching a berth in the quarter-finals with a 68-58 victory over Senegal.

At 3-0, it's the first time a Canadian women's team has ever won three games in one Olympics. TORSTAR NEWS SERVICE

NFLer tries out rugby

Nate Ebner, the safety for the New England Patriots who took a break from training camp to fulfil his Olympic dream in rugby sevens, sprinted from almost halfway to score a try against Fiji capping the scoring in a 24-19 loss for the United States.

Madison Hughes missed the conversion, leaving the margin at five. Less than that and the Americans would have advanced. THE ASSOCIATED PRESS

DeLaet faces yips head on



Graham DeLaet, of Weyburn, Sask., goes over some last-minute preparations in Rio de Janeiro, Brazil, Wednesday. CHRIS CARLSON/THE ASSOCIATED PRESS

RIO2016

'Incredible anxiety while chipping' has plagued Canuck

The golf course that will begin playing host to the first Olympic tournament in 112 years on Thursday is a zoological marvel. On a short walk around a few holes this week, you could have seen a Boss Hogg-sized capybara munching on the foliage, a flock of vultures circling overhead, several owls burrowing in the bunkers and a small crocodile sunning itself in a pond.

Unique hazards, indeed. But it's possible none of those beasts are as frightening to a golfer as the variety of wild REPRESENTING demons that recently invaded Brooke Henderson, the head space the No. 2 ranked player of Canadian in the world, and Alena Olympian Gra-Sharp will compete in

ham DeLaet. the women's event. It was about two months ago that DeLaet sent out a Twitter message to explain his withdrawal from the PGA Tour's Memorial tournament. telling the world he was "dealing with incredible anxiety while chipping/pitching right now." Such mental bugaboos are hardly uncommon even among the world's best players. Just this year, four-time major winner Ernie Els six-putted from six feet on the first hole of the Masters.

He blamed creatures that also inhabit the environs here in Rio.

"It's hard to putt when you've got snakes in your head," Els

Still, DeLaet's public acknowledgement of his problem amounted to a rare moment of honesty and vulnerability in the hush-hush world of pro sports. Ray Whitney, the retired NHL player who will be caddying for DeLaet at these Olympics, said it was an admission to be admired.

"That tweet showed he had a lot of balls," Whitney said. "He could have easily said that he tweaked his back or he had a wrist injury. Instead he stared it in the face and said, 'Hey everybody. I've got a little problem I need to fix.' And he's been working hard to fix it."

This week DeLaet said his issue is "actually getting much better."

Derek Ingram, Canada's men's golf coach, said Delaet has spoken freely about his shortgame shortcomings, acknowledging a flaw in his technique being addressed in practice sessions with his short-game

coach, Gabriel Hjertstedt. "He's also been using some techniques with his breathing to help him relax, so that when that situation arises he'll be able to manage the anxiety," Ingram said. "He wouldn't say he's out of the water yet. But certainly he's got some tools to work with, and he's feeling way more confident than he was." TORSTAR NEWS SERVICE

Chemical imbalance blamed for colour

My eyes are

destroyed now.

Water polo player

Valentio Gallo of Italy

Let's be generous for a moment and say that the colour of the water could have been worse.

A day after the Olympic diving pool turned a swampy shade of green, Wednesday saw the adjacent pool at the Maria Lenk Aquatic Center — the one used for water polo and synchronized swimming — morph from its usual blue to a slightly less shocking shade of the same, uninviting colour. As in, a nauseatingly tinged liquid that wouldn't qualify as the least bit inviting to anyone but the drunkest of beer guzzlers on a St. Patrick's Day bender.

Still, it was probably better than the once perfectly azure

waters of the 31st Olympiad suddenly running, say, blood red or sludge black. And hey, it's not like there was a discarded sofa

lurking ominously below the pool surface, as there may or may not have been on the kayaking course last week. This was, according

to organizers, a minor aesthetic. anomaly that posed no threat to the health of the athletes, and at

> least a few of the Olympians affected by it sounded unconcerned.

"In France, we have some swimming pools of this colour," said Florian Bruzzo, coach of France's

water polo squad. "So it's not a problem for us."

Not everyone felt the same way. Multiple water polo players who competed in Wednesday morning's session complained the water was hard on the eyes in more ways than one.

"It's very difficult to play in this water because the chlorine is really, really strong for the eyes," said Mladan Janovic of Montenegro. "You cannot even see."

Organizers acknowledged they'd dropped the ball in monitoring the chemical balance of the pools. Rio spokesman Mario Andrada blamed the colour transformation on "a sudden increase in the alkalinity." TORSTAR NEWS SERVICE



CANADA

Canada's Meaghan Benfeito, top, and Roseline Filion won a bronze medal Tuesday in the women's synchronized 10-metre platform event diving into green water. THE ASSOCIATED PRESS

Manny Pacquiao says he will come out of retirement to fight WBO welterweight champion Jessie Vargas on Nov. 5

Winnipeg sports taking a turn for the better

VIEW FROM THE 3005

Andrew 'Hustler' Paterson

It may be the dead of summer, but there's great things happening right now for our teams and local athletes on

the sports scene. After a 1-4 start, the Winnipeg Blue Bombers have looked like a completely different team the last two weeks after Matt Nichols took over the starting quarterback duties from Drew Willy. While the turnaround has been teamwide, Nichols has been accurate, reliable and added a deep component to the Bombers attack that just didn't seem to be there when Willy was under centre.

Coming off two straight wins with Nichols at the helm. the Bombers head to Toronto Friday night to take on the Argos full of confidence and positive momentum. A win would see the Bombers head into the bye week at 4-4, which seemed like a pipe dream only two weeks ago.

Over at the ballpark, the Winnipeg Goldeyes are back at home tonight and are on a tear. Heading into Wednesday's finale of a seven-game road trip, the Fish were streaking, winning 10 games in a row and taking over the American Association wild-card



Thomas Mayo and the Blue Bombers have been on a rare run of good form with wins over Hamilton and Edmonton in recent weeks. JOHN WOODS/THE CANADIAN PRESS

spot, until losing to the Canaries Wednesday afternoon. After an up and down first half, Winnipeg is playing its best baseball of the year and seems poised for another run at the AA championship come playoff time.

It's pretty quiet on the NHL beat in early August, but last Friday the Winnipeg lets took centre stage at Portage and Main. Much to the delight of more than 1,500 fans in attendance, the team officially unveiled participants for the

game and the jerseys for the Heritage Classic, with Blake Wheeler on hand modeling the new uniforms. The new look, styled from the WHA glory days in the 1970s, is perfect. It won't be long before we see these throwbacks everywhere at MTS Centre and at IGF for the big weekend in October when the lets and Oilers will play the first outdoor NHL game in Winnipeg's history.

Down in Rio at the Olympics, Winnipeg's Chantal Van Landeghern got things started in style for Team Canada. Van Landeghem, along with her teammates in the pool, won the bronze medal in the 4x100 relay for Canada's first medal at the 2016 games, and the first women's relay medal for Canada in 40 years.

Over on the soccer pitch, Desiree Scott and the Canadian women's soccer team were perfect through the group stage beating world powers Germany and Australia along the way to a 3-0 record. The 2012 bronze medalists are back at it tomorrow in a quarter-final match against France for a spot in the final four of the tournament.

Finally, in an event sure to overshadow everything happening in Rio, Abdul Koroma will attempt to defend his Winnipeg Perogy Eating Championship on Friday night at Spirit of Ukraine pavilion as part of Folklorama. The second annual event will take place during the 9:45 p.m. show and will feature 10 athletes attempting to win arguably the most prestigious title in all of Manitoba sports. Don't miss it!

IN BRIEF

ESPN announces death

of Canadian Saunders

Tributes poured in Wednesday for Canadianborn sportscaster John Saunders, the original voice of the Toronto Raptors and a fixture for nearly 30 years. on ESPN in the U.S., after the network announced that he had died.

He was 61.

Saunders, who was born in Toronto and grew up near Montreal, joined ESPN in 1986 after working for a variety of stations in central and eastern Canada. He was the play-by-play announcer on Raptors games from 1995 to 2001.

The former college hockey player who was at ease broadcasting a variety of subjects hosted "The Sports Reporters" on Sunday for ESPN for the last 15 years.

No cause of death was given by the network. THE ASSOCIATED PRESS

Giants' Crawford finishes stellar series with homer

Two days after Brandon Crawford battered the Miami Marlins with seven hits, he beat them with one swing.

Crawford homered in the fourth inning and the San Francisco Giants won a series for the first time since the All-Star break, defeating Miami 1-0 Wednesday.

Crawford's seven hits in the opener of the threegame set tied an NL record.

THE ASSOCIATED PRESS

highly anticipated Alumni



REGISTER NOW!

Start earning industry-recognized certificates this fall. Full-time, part-time, online and on-site options available. Flexible delivery to suit your schedule.

THE DIFFERENCE IS HERE 204.694.1789 CDE@RRC.CA RRC.CA/CONED



SCHOOL OF

metr#sports Thursday, August 11, 2016

Mathis' words carry weight with Colts

Robert Mathis makes every word count. Every play, too.

When teammates hear the Indianapolis Colts' oldest starter bark out instructions or crack pads, they tune in. When they see Mathis hang out in Anderson University's dorms or hear him explain how privileged he feels to return each summer, they listen attentively. When they see Mathis take an occasional day off at training camp or run around with his kids after a practice, they

TRAPICHE HALF PINTS

realize he is no ordinary 35-yearold linebacker.

He is as determined and passionate as he was the day he arrived at his first training camp in 2003.

"You have to work for everything you get," Mathis said. "Anything worth having is worth being worked for."

Robert Mathis accounted for 20

per cent of the

last season.

Colts' 35 sacks

Mathis' short, powerful mes-

sages have always resonated in the Colts' locker room.

The six-foot-two. 235-pound defensive end/outside linebacker from Alabama A&M is still motivated by the notion so many scouts wrote him off as too small, too slow and too untested against

elite competition when he was

coming out of college.

Fourteen years, one position change and 118 sacks later, the Atlanta native remains one of the most feared pass rushers in football when he's healthy.

"Robert is one of our best football players. We're going to have him on the football field as often as he can handle," new defensive co-ordinator Ted Monachino said. "We aren't keeping Robert back and we aren't reining him in in any way." THE ASSOCIATED PRESS

DARK HORSES for the Heisman Trophy

The pool for the Heisman Trophy is a deep one. Last year's winner Derrick Henry has moved on to the NFL, but five of the next six players in the voting are back, led by runner-up Christian McCaffrey of Stanford. But here are some who could insert themselves into the conversation.



Chad Kelly

The Mississippi quarterback is listed high on NFL draft boards for 2017. The nephew of Jim Kelly led the Rebels to five victories over Top 25 teams, including Alabama on the road, as they launch a challenge in the SEC West.



Royce Freeman

Freeman's 3,201 yards rushing the last two years are the most by any player in a Power Five conference. He broke LaMichael James' single-season Oregon rushing record with 1,836 yards in 2015. He also led the country with 36 runs of 15 yards or more.

🔼 Greg Ward Jr.

Ward led the Cougars to a 13-1 record that was the best in Houston history, and he'll step into a big national spotlight in the opener against Oklahoma. His 16 runs of at least 20 yards led FBS quarterbacks and all players in the American Athletic Conference.



Seth Russell

The quarterback led Baylor to a No. 2 national ranking and six. straight wins before a neck injury against Iowa State ended his season. He threw for 29 touchdowns and more than 2,100 yards in seven games and also ran for 402 yards.



3 Jabril Peppers

The last two-way player to win the Heisman was the Wolverines' Charles Woodson in 1997. Peppers could be the next. He's moving from safety to a hybrid linebacker position. He also has shown the ability to excellat a half-dozen other spots, not to mention returning punts and kicks.

Josh Rosen

Rosen threw for almost 3,700 yards and 23 touchdowns as a freshman and set a UCLA record by going 245 consecutive passes without an interception. He has a new quarterbacks coach in Margues Tuiasosopo and new offensive coordinator in Kennedy Polamalu. As good as Rosen was last year, he figures to only get better. THE ASSOCIATED PRESS



ALL PICTURES GETTY IMAGES



PINNACLE 100% RYE METE OF TICKETFLY VANTAGE

RECIPE Nicoise Pasta



Ceri Marsh & Laura Keogh For Metro Canada

We took our favorite salad and married it with our kids' carb of choice.

Ready in 25 minutes

Prep time: 5 minutes Serves 4

Ingredients

- 500 grams spaghetti.
- 3 Theps olive oil
- · 3 cloves garlic, crushed
- · 1/2 cup black olives, pitted and roughly chopped
- 1 pint cherry tomatoes, roughly chopped
- 1/4 cup capers
- 2 x 5 oz tin of tuna, drained
- 3 or 4 leaves of fresh basil, torn into pieces
- 1/2 cup Parmiesan, grated

Directions

- 1. Put a bit pot of well-salted water on to boil. Cook pasta according to package instructions. Just before you drain, remove 1 cup of cooking liquid and set aside.
- 2. In another large pot, warm up olive oil over medium heat. Toss in garlic, tomatoes, olives and capers. Stir and let the garlic cook for a couple of minutes. Add the tune and break it up a bit, not too much.
- 3. Add the cooked pasta and toss together until the pasta is wellcoated and the rest of the ingredients are spread throughout. Pour in your cooking liquid bit by bit until the pasta loosens up.
- 4. Serve with a topping of grated Parmesan and fresh basil.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

1. RIO 2016: Get gold Computer op. House-coolers, briefly 10. "Awesome!" 13, 'Fluor' suffix U.S. firearms org. 15. Plant 16. 'Depart' suffix 17. Modern: German 18. RIO 2016: Water event, Women's__ (K1) Slalom 21. RIO 2016: Speed it up!: 2 wds. 23. Hanson song 24. Montreal 'lemon' 26. Might 27. Fasten, in a way: 2 wds. 30. Quasi 32. Beatles adjective Alphabetic sequénce 36. Northwest Territories/Nunavut river 38. _ Red apples 39. RiO 2016: Canada, for one 41. RIO 2016: Greats of any Olympics 43. 17th letter's spelling 44. Articulates again 46. RIO 2016: MLI is its IOC code 47. Jr.s' dads 48. Get from ____ (Advance slightly). 49. Shenanigans 50, "That's waeay over-sharing!" 52. Plays, untrained

puppy style: 2 wds.

55. RIO 2016: San

(SMR is its IOC

14 13 17 18 20 22 24 31 38 39 40 42 43 44 48 47 50 5 96 60 55 62 83 64 65 68 66 70 69

58. RIO 2016: Artsy maneuvers discipline in #29-Down 62, RIO 2016; Reward for ancient Olympians: 2 wds. 64. Tea type 65. Music honour, é.g. 66. Irish actor

Stephen 67. Actor, Daniel Kim 68. Him opposite 69. Hosiery hue 70. Compass dir. 71. Wee question follower

72. Hankering

DOWN

1. RIO 2016: Victory goddess Nike's one-of-two 2. 'Thought'-meaning prefix 3. Quebec 'nine'

4. Does cartooning work: 2 wds. Hollywood's

Benjamin 6. Singer/guitarist John 7. Get permission 8, 'Migro' ender 9. RtO 2016: Olym-

pic sport 10. RIO 2016: 'Sevens' team sport event scheduled for the Men today,

August 11th: 2 wds. 11. Mr. Guthrie 12. Meaningful 19. Came about 20, Q. "Is '__' way to abbreviate Santa Fe's state?" A. "Yes." 22. Squash variety 25. Ms. Furtado 27. Tick_(Clock noises) 28. Q. "Shall ___you a glass?" ...asked the sommelier 29. RIO 2016: Olympic sport which is a 'mane' event. 31. Classic comedian Mr. Howard's 33. Befuddle 34. Foundation 36. Old shipping weight allowance 37. Green tea variety 40. RIO 2016: Athlete aiders 42. Gives off 45, RIO 2016: Respect the rules. 49. Does dishes 51, 1004 in ancient Rome 53. Milan-based fashion house. 54.___example 55. Castle's surrounder 56. _ mater 57, is beholden 59. RIO 2016: Like a soré-muscles athlete 60, Clarified butter 61. Garner

63. "Norma_"

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20 Steer clear of propagandist discussions regarding religion, politics and racial issues. This is a poor day for important ideas; someone might trick you or even deceive you.

Taurus April 21 - May 21 Postpone important decisions about inheritances, shared property, wills, taxes and debt. Today is a poor day to discuss these matters or to act on them.

Gemini May 22 - June 21 Discussions with others might depress or confuse you. This is not your fault. This is par for the course today, Just coast and agree to nothing important.

Cancer June 22 - July 23 Don't let someone in authority shoot you down today or discourage you. You don't have all the facts; in fact, you might be seriously misled! Use caution.

Leo July 24 - Aug. 23 an increased responsibility today. In addition, romance is depressing and confusing. Just for today. Oy!

Virgo Aug. 24 - Sept. 23 Domestic discussions might discourage you because an older family member is critical. This is a temporary setback. Don't let it get you down.

Libra Sept. 24 - Oct. 23 Do not give in to negative thinking today. In part, you are confused about something. Someone might have misrepresented the truth to you.

Scorpio Oct. 24 - Nov. 22 This is a poor day for important financial decisions because you could make a mistake. You don't have the confidence and the right frame of mind to do your. best. Forewarned is forearmed.

X Sagittarius Nov. 23 ⋅ Dec. 21 Conversations with others are difficult today, because they are confusing, discouraging or both! Knowing this ahead of time, take. a step backward. Just coast.

Capricorn Dec. 22 - Jan. 20 Something going on behind the scenes might discourage you. You might be deceived as well! Trust no one today.

Aquarius Jan. 21 - Feb. 19 Someone older might rain on your parade today. Reserve judgment about anything important until tomorrow, because you are not in the right frame of mind today.

H Pisces

Feb. 20 - March 20 Don't ask for permission or approval from bosses, parents and VIPs today because these conversations will not go well. If you want anything, the response will likely be, "Talk to the hand."

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



metre

Tell us how you really feel.

Join our online reader panel and help make your Metro even better. **metronews.ca/panel**

YESTERDAY'S **ANSWERS**

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

27	6	4	5	1	8	9	3
MONKED OF BATER 5 9	1	3	8	7	2	6	4
3 4	8	6	9	2	5	7	1
3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	5	2	4	9	1	B	7
0 4 4 V C P A C P	7	1	3	5	4	2	6
4 1	2	7	6	8	3	5	9
86	9	5	1	4	7	3	2
1 2 1 4 8 5 8 8 V 1 1 1 2 1 1 2 1 2 1 2 1 2 1 2 1 2 1 2	3	8	7	6	9	4	5
1 3 3 4 5 6 H 6 3 1 5 6 7 5	4	9	2	3	6	1	8

Get iPhone SE with the plan you build yourself.





based on a 24-month term and min. \$60 monthly voice and data plan.



Get iPhone SE on MTS MyPlan.

Offer ends August 15. Visit your nearest MTS store for details.

Conditions apply. While quantities last. Offer ends August 15, 2016, and subject to change. TM and © 2016 Apple Inc. All rights reserved. MTS design mark and *We're with you*, are trademarks of Manitoba Telecom Services Inc., both used under license.

